

City of Torrance

# 5-0 and on the go!

Promoting fitness, fun, and friendships

MARCH/APRIL 2017

## 7th Annual SENIOR PROM 2017

**\$10.00**  
PER PERSON

*Dream A Little  
Dream of Me*

**Liz Holmes**  
*18 Piece Band*

**Friday,  
April 14, 2017**  
**12:00 to 2:30 p.m.**

*Ken Miller  
Recreation Center  
3341 Torrance Blvd,  
Torrance*

*Tickets on sale NOW!  
Bartlett Center  
310/320-5918*

*[www.RecreationTorranceCA.gov](http://www.RecreationTorranceCA.gov)*

*Playing your  
favorite dancing  
tunes from the  
Big Band era.*

**Dancing**  
*"Easy Dance Lessons"  
with Roland*

**Music**  
*Light refreshments*



*\*Doors open at 11:45 a.m.*



*"Creating and Enriching the Community through People, Programs and Partnerships"*

CITY OF TORRANCE COMMUNITY SERVICES DEPARTMENT • RECREATION DIVISION

Printed on Recycled Paper

**New Class!**

Hanna  
Somatic



# **MOVEMENT THERAPY**

*Do you have low back pain, joint stiffness or arthritis?  
Do you have difficulty moving with ease and would you like more flexibility?*

**Wednesdays 10:30 a.m.**

**Free**

**Tillim Center**

**3612 Artesia Blvd. Torrance**

**(310)329-1889**

Kenneth Lew helps you learn how to control the muscles in your body to help relieve pain.  
Hanna Somatic Movement Education is a program of Neuromuscular Education (MIND-BODY).

***Please join us and improve your life!***

# 5 - 0 and on the go!

If you have not renewed your membership, this will be your last issue of the *5 - 0 and on the go! Newsletter!*

For just \$5.00 a year you can become a member of the *5 - 0 and on the go!* Association (for anyone aged 50+). Just come to any Senior Center to sign-up in person (be sure to check the *5 - 0 and on the go!* Newsletter for hours of operation) or make a check payable to the City of Torrance, and mail to:

**5-0 and on the go!, 1318 Cravens Avenue, Torrance, CA 90501**

Memberships are renewable each January. Please enclose a self-addressed, stamped envelope for the return of your membership card!

**PLEASE DON'T FORGET TO RENEW YOUR ASSOCIATION DUES!**



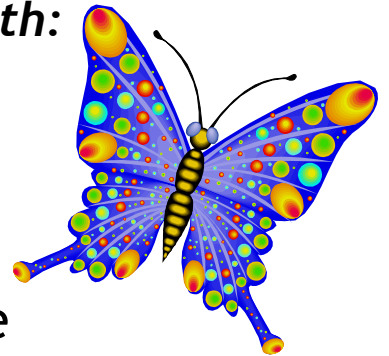
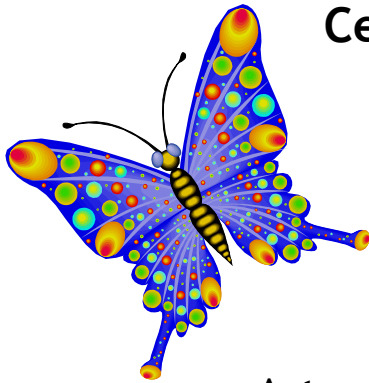
## 18<sup>th</sup> Annual SENIOR FAIRE

**Celebrating Older Americans' Month:  
Age Out Loud!**

**Saturday, May 13, 2017**

**9:30 a.m. to 2:30 p.m.**

**Ken Miller Recreation Center  
3341 Torrance Blvd., Torrance**



**Arts and Crafts \* Entertainment \* Food Booths  
Health Information \* Blood Pressure Screenings  
Community Resource Information**

(Crafts Vendors: please call the Bartlett Center at 310/320-5918 for more information and registration forms!)

---

## TANAKA FARMS STRAWBERRY TOUR

---

**Wednesday, March 22, 2017**

**LEAVES FROM WILSON PARK at 10:30 a.m.**

**RETURNS at approximately 5:30 p.m.**

Experience life on the farm at Orange County's largest U-Pick farm! Climb aboard a tractor-driven wagon for a narrated ride around a 30-acre working farm to see how our favorite fruits and vegetables grow. While on the tour, we'll have a chance to sample many of the fruits and vegetables that we see growing. At the end of the tour, there will be more Tanaka Farms fruit to taste and we'll each receive a basket of strawberries to take home! We'll have a delicious buffet lunch at the **Huntington Beach Hotel**.

**Torrance resident fee: \$87.00**

**Non-resident fee: \$97.00**





---

## GIBBONS AND GARDENS

---



Thursday, April 27, 2017

LEAVES FROM WILSON PARK at 8:00 a.m.

RETURNS at approximately 5:00 p.m.

Torrance resident fee: \$94.00

Non-resident fee: \$104.00

Established in 1976 by Alan Richard Mootnick, the *Gibbon Conservation Center* houses the rarest group of apes in the Western Hemisphere. The Center provides observation and non-invasive research opportunities for students and scientists, as well as consulting services to zoos, museums, and government agencies such as the U.S. Fish & Wildlife Service on species identification and gibbon care. They can leap distances of 40 feet at speeds of up to 35 mph while 200 feet above the ground. Gibbons are known for their dexterity and ability to walk upright. Often referred to as the “songbirds” of the primate family and the most musical land mammal, gibbons can project their voices up to 2 miles through the dense rain forest canopy. Then we’re off to the *Gardens of the World*, a 4.5 acre monument to commemorate the many cultures of the world. The Gardens include Italian, French, Japanese, and English gardens all filled with beautiful arrays of plants, flowers, waterfalls and a serene koi pond next to an authentic Japanese Pagoda. For lunch we’ll go to *Bandits’ Grill & Bar* where we’ll each have our choice of Original Tri-Tip Sandwich; Pulled Pork Sandwich; or BBQ Chicken Sandwich.

---

## DOO WOP REVIEW

---

Wednesday, May 31, 2017

LEAVES FROM WILSON PARK at 10:00 a.m.

RETURNS at approximately 4:30 p.m.

Torrance resident fee: \$99.00

Non-resident fee: \$109.00



Enjoy the sounds and memories of the 1950’s and ‘60s through this production of *Doo Wop - Revisited - A Musical Tribute* to the sounds of street corner harmonies and youthful memories of some of the greatest music ever written and performed, Doo-Wop! Our *Doo Wop - Revisited* experience features a tribute to two of the greatest vocal acts who have ever topped the charts in the world of Doo Wop; Elmer Armstrong’s tribute to *The Platters* and *The Drifters*. Both acts had a string of hits throughout their career such as *Twilight Time, Only You, The Great Pretender, The Magic Touch, Up on the Roof, Under the Boardwalk, This Magic Moment*, and so many more memorable sing-along songs you’re sure to remember. But first, we’ll enjoy the opening act featuring *The Dukes of Doo Wop* to warm things up with their amazing street corner Acappella vocal abilities and entertainment style in doing a medley of Doo Wop hits from the ‘50s and ‘60s. For lunch we’ll go to *Buca di Beppo* in Huntington Beach for a scrumptious family-style Italian meal.

---

## CARLSBAD KALEIDOSCOPE

---

Thursday, June 22, 2017

LEAVES FROM WILSON PARK at 8:00 a.m.

RETURNS at approximately 5:30 p.m.

Torrance resident fee: \$89.00

Non-resident fee: \$99.00



Established in 1931 by Robert M. Shipley, the *Gemological Institute of America (GIA)* in Carlsbad, CA, is the world’s leading authority and educator on diamonds, colored stones, and pearls. Visitors to the GIA headquarters have an opportunity to learn about the Institute’s world-renowned educational programs, explore gem and jewelry exhibits, visit the *Richard T. Liddicoat Gemological Library & Information Center* and see the *Tower of Brilliance*; the world’s largest crystal octahedron. The center is dedicated to educating, researching and understanding gemstones, and protecting potential jewelry buyers by setting quality standards on a global level. The *Museum of Making Music*, founded in 1998 and opened to the public in March 2000, the Museum celebrates the music products industry’s rich history from 1900 to today. Through unique exhibitions, live music performances, and innovative educational programs, the Museum shares the accomplishments and impact of the people who make, sell, and use musical instruments and products. From the marches and rags of the early 1900s, through the evolutionary sounds of jazz, folk, rock ‘n roll and pop, to the cross cultural expressions of today’s connected world. For lunch we’ll go to *BJ’s Restaurant & Brewhouse* where we’ll each have our choice of BJ’s Brewhouse Cheeseburger; BJ’s Blonde Fish and Chips; California Chicken Club Sandwich; or BBQ Chicken Chopped Salad all served with beverage and dessert.

## CALENDAR OF EVENTS

|                                    |   |   |
|------------------------------------|---|---|
| March 10<br>9:00 — 11:00 a.m.      | <i>Torrance Travelers<br/>Tours Registration</i>  | Ken Miller Recreation Center<br>3341 Torrance Blvd. in Torrance |
| April 14<br>11:30 a.m. — 2:00 p.m. | <i>7<sup>th</sup> Annual Senior Prom</i><br>"Dream a Little Dream of Me"<br>Tickets are on sale now at Bartlett Center! | Ken Miller Recreation Center<br>3341 Torrance Blvd. in Torrance |
| May 13<br>9:30 a.m. — 2:30 p.m.    | <i>18<sup>th</sup> Annual Senior Faire</i><br>"Age Out Loud!"   | Ken Miller Recreation Center<br>3341 Torrance Blvd., Torrance   |
| May 16<br>10:30 a.m. — 12 noon     | <i>Smarter Senior Forum</i>   | Katy Geissert Civic<br>Library Meeting Room                     |
| May 20<br>1:30 — 3:30 p.m.         | <i>58<sup>th</sup> Annual Armed<br/>Forces Day Parade</i>   | Along Torrance Blvd. between<br>Crenshaw Blvd. and Madrona Ave. |

### WALTERIA PARK SENIOR CITIZENS CENTER

3855 W. 242nd Street – 310/378-3862

**MONDAY 12:00 noon to 4:00 p.m. \* Table Games and Pinochle \***

**THURSDAY 12:00 noon to 4:00 p.m. \* Table Games and Hand & Foot \***  
Coffee and cookies always just 30¢!



Experience Monday Pinochle! Drop in any time and get in the game! We're working on forming a Bridge group, so if you're into Bridge, give us a call any Monday from 12 noon to 4:00 p.m. and let's get started.



### Torrance Loving Care "TLC" Tuesdays

First Tuesday ~ 9:30 - 11:30 a.m.

Tillim Senior Center 3612 W. Artesia Blvd., Torrance 310/329-1889

Join our monthly crafts workshop on the first Tuesday of each month and create greeting cards, which are sent to many helping organizations including Children's Hospital, women's shelters, Veteran's Hospital, and our men and women serving in the Armed Forces.



### FRIDAY RECREATION CENTER SENIORS

Ken Miller Recreation Center - - - - 3341 Torrance Blvd.

Fridays only \* (Near Madrona and Torrance Blvd., behind the Torrance Plunge)

**Intermediate Cardio Salsa \* 9:25 - 10:55 a.m.**

**Fee: \$45.00/Semester (winter term 1/3/17 - 3/22/17)**

Engage in an aerobic work-out while learning new dance steps and routines for physical fitness and performance.

This class is for those who have taken Beginning or who have some experience in Latin or ballroom dance.

**Beginning Cardio Salsa \* 11:05 a.m. - 12:35 p.m.**

**Fee: \$45.00/Semester (winter term 1/3/17 - 3/22/17)**

Roland teaches you salsa, meringues, and line dancing all in this terrific aerobic work-out!

*Classes are offered in cooperation with Torrance Adult School Older Adult Program (310/533-4689)*

*and the City of Torrance Community Services Department.*

---

## HERMA TILLIM CITIZENS CENTER

---

3612 W. Artesia Blvd. 310/329-1889

Tuesday, Wednesday, and Thursday ☺ 9:00 a.m. to 3:00 p.m.



|                  |                        |  |
|------------------|------------------------|--|
| <b>TUESDAY</b>   | 9:00 a.m. - 3:00 p.m.  | Bridge and Table Games   |
|                  | 9:30 a.m.              | Jewelry Workshop w/ Diana<br>2nd Tuesday of the month  |
|                  | 9:30 - 11:30 a.m.      | Torrance Loving Care "TLC" Greeting cards workshop<br>1 <sup>st</sup> Tuesdays of the month  |
| <b>WEDNESDAY</b> | 9:30 a.m.              | Gentle Fitness Free!   |
|                  | 10:30 a.m.             | Hanna Somatic Movement Therapy – Free!   |
|                  | 11:30 a.m. – 2:30 p.m. | Hand and Foot - card game  |
|                  | 12:30 - 3:00 p.m.      | Movie Matinee<br>1st Wednesday of the month  |
| <b>THURSDAY</b>  | 9:00 a.m. - 3:00 p.m.  | Center is Open   |
|                  | 12:30 - 3:00 p.m.      | Bingo – Play Bingo with friendly people. We have a very nice group, and a great caller! Please bring a canned good or non-perishable item worth \$1.00 |

### Tillim Movie Matinee! Join us for movies at Tillim Center!

First Wednesday of Each Month at 12:30 p.m.

**March 1, 2017: *Anchors Away***

**Not Rated**

**Featuring:** Frank Sinatra, Kathryn Grayson, and Gene Kelly

**April 5, 2017: *Bringing Up Baby***

**Not Rated**

**Featuring:** Cary Grant, Katherine Hepburn, and Charles Ruggles

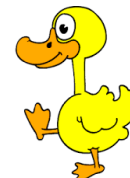
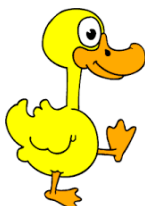
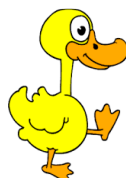
Movie for May: *Bell, Book and Candle*

### Free Computer Training at the Bartlett Center

Discover that using a computer is easy!

Monday Afternoons by Appointment

For more information, contact the Bartlett Center at 310/320-5918



---

## BARTLETT SENIOR CITIZENS CENTER

---

1318 Cravens Avenue 310/320-5918

**HOURS: MONDAY through SATURDAY – 8:00 a.m. to 4:00 p.m. SUNDAY - 12:30 to 4:00 p.m.**

Hot, nutritious lunches served MONDAY through FRIDAY at 11:30 a.m. for the low cost of \$2.50. Please make reservations at least 24 hours in advance. If you need to cancel, please call so that others may take your place.

**Card Games, Table Games, and Pool playing all day, every day, plus the following scheduled activities:**

|                  |                      |   |
|------------------|----------------------|---|
| <b>MONDAY</b>    | 8:05-9:35 a.m.       | “Fitness Difference for Seniors” Fee: \$69.00/Term (1/3/17 - 3/22/17)<br>Co-Sponsored by Torrance Adult School - Older Adult Program (310/533-4689) |
|                  | 9:30 a.m.-12:30 p.m. | Lapidary Workshop <b>Wrap-around Safety Glasses are Required!</b>   |
| <b>TUESDAY</b>   | 9:00 a.m.-12:00 noon | Shuffleboard  |
| <b>WEDNESDAY</b> | 8:05-9:35 a.m.       | “Fitness Difference for Seniors” Fee: \$69.00/Term (1/3/17 - 3/22/17)<br>Co-Sponsored by Torrance Adult School - Older Adult Program (310/533-4689) |
|                  | 9:00 a.m.-3:00 p.m.  | Beadwork Workshop   |
| <b>THURSDAY</b>  | 9:00 a.m.            | Ceramics Workshop   |
|                  | 9:30 a.m.-12:30 p.m. | Lapidary Workshop <b>Wrap-around Safety Glasses are Required!</b>   |
|                  | 12:30 p.m.           | Thursday Afternoon at the Movies  |
| <b>FRIDAY</b>    | 9:30-11:30 a.m.      | Open Crafts Workshop  |
|                  | 12:30-2:30 p.m.      | Seniors Open Discussion Group   |
| <b>SATURDAY</b>  | 9:00 a.m.            | Cards and assorted table games are played   |
|                  | 9:30 a.m.            | “The Swinging, Singing Seniors” Newcomers WELCOME!  |
|                  | 9:30-11:00 a.m.      | South Bay Strummers Ukulele Group   |
|                  | 12:30 p.m.           | Saturday Afternoon at the Movies  |
| <b>SUNDAY</b>    | 12:30-4:00 p.m.      | Bartlett Center is Open! Drop on in!  |



**Special Notes:** Legal Advice is available by appointment on the first Tuesday of the month at 11:00 a.m. and the third Tuesday of the month at 1:30 p.m. Please call 310/320-5918 to make an appointment.

HICAP (Health Insurance Counseling and Advocacy Program) - Counselor Doris Herzog provides free assistance with Medicare and other health insurance information on the first and third Wednesday of each month.

Please call 310/320-5918 to make an appointment.

Free computer training is available by appointment on Monday afternoons.

Please call 310/320-5918 for more information or to make an appointment.



## Ceramics Workshop

Join us on Thursday mornings and make beautiful ceramic items: dishes, vases, home decor, and so much more! You'll be amazed at how beautiful your work will be when it's painted and fired!

Every Thursday 9:00 a.m. – 12:00 noon

Bartlett Senior Citizens Center

1318 Cravens Avenue in Torrance – 310/320-5918

Fee: \$2.00





**THURSDAY AND SATURDAY MATINEES!**  
**FREE MOVIES AND POPCORN**  
**BARTLETT CENTER CONFERENCE ROOM AT 12:30 P.M.**



|                     |   |   |
|---------------------|---|---|
| March 2 and 4       | <i>Song One</i><br>Rated PG-13  | Anne Hathaway<br>Johnny Flynn<br>Mary Steenburgen |
| March 9 and 11      | <i>Hot Rod</i><br>Rated PG-13 for crude humor,<br>language, some comic drug-related<br>and violent content. | Andy Samberg<br>Jorma Tacconi<br>Bill Hader       |
| March 16 and 18     | <i>Kicking &amp; Screaming</i><br>Rated PG for thematic elements,<br>language, and some crude humor.        | Will Ferrell<br>Robert Duval<br>Mike Ditka        |
| March 23 and 25     | <i>Three Amigos</i><br>Rated PG   | Chevy Chase<br>Steve Martin<br>Martin Short       |
| March 30<br>April 1 | <i>As Good as It Gets</i><br>Rated PG-13 for strong language,<br>thematic elements, nudity, and a beating.  | Jack Nicholson<br>Helen Hunt<br>Greg Kinnear      |
| April 6 and 8       | <i>The Outsiders</i><br>Rated PG  | C. Thomas Powell<br>Matt Dillon<br>Ralph Macchio  |
| April 13 and 15     | <i>Death Becomes Her</i><br>Rated PG-13   | Meryl Streep<br>Bruce Willis<br>Goldie Hawn       |
| April 20 and 22     | <i>The Seven Year Itch</i><br>Not Rated   | Marilyn Monroe<br>Tom Ewell<br>Evelyn Keyes       |
| April 27 and 29     | <i>Grace of Monaco</i><br>Not Rated   | Nicole Kidman<br>Tim Roth<br>Frank Langella       |

**SEATING IS LIMITED TO 25 PEOPLE - NO RESERVED SEATS - DOOR OPENS AT 12:00 NOON!**  
**FEATURED FILM SELECTION IS SUBJECT TO CHANGE DUE TO AVAILABILITY!**





---

## SEA-AIRE SENIOR CITIZENS GOLF CLUB

---

Sea-Aire Park - 22730 Lupine Drive – 310/543-4653 - 9 holes

Meets Every FRIDAY from 8:30 to 11:00 a.m.

Upcoming general meetings are March 3 and April 7, 2017

If you are a senior and would enjoy getting out for a morning of “pitch and putt” competition and good fellowship, come on out and see what we have to offer!



## Calling all Rockhounds!

### Lapidary Workshop at Bartlett Center

1318 Cravens Avenue in Torrance – 310/320-5918

Monday and Thursday - 9:30 a.m. to 12:30 p.m.

Fee: \$2.00



Lapidary is the art of cutting, grinding, and polishing of stone.

It's a Hobby enjoyed by people of all ages and with a little practice you can become proficient at creating your own beautiful works of art!

The lapidary center at Bartlett is a fully equipped rock shop and offers everything you need to get started in this exciting hobby! No experience is necessary and we have terrific lapidary experts to get you started!



**\* EXERCISE \* HEALTH \* FITNESS \***

What is O.L.E.F.?

**OPTIMUM LIFE EDUCATION FOUNDATION (OLEF)** was recently created to provide additional, affordable educational classes in the greater South Bay area for those 50+ yrs and over. OLEF plans on partnering with the City of Torrance to offer classes that support the physical, mental and social and well-being of students.

*Be sure to look for upcoming classes this summer!*

A recent survey showed students would be interested in Tai' Chi, Yoga, Exercise, Cooking, Painting classes, other topics and special events.

### ☞ FOCAL POINT PROGRAM ☞

The Focal Point on Aging is an information and referral program where older adults, caregivers and their families can obtain ready access to a full range of available services including: transportation, housing, Meals-On-Wheels, health care, companion care, Medicare, social and legal services, HMOs and more.

**Focal Point is open Monday through Friday from 9:00 a.m. to 3:00 p.m.**









**For more information, call 310/320-1300 or 310/320-5918**

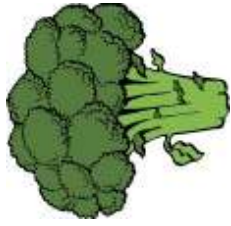


# Bartlett Café

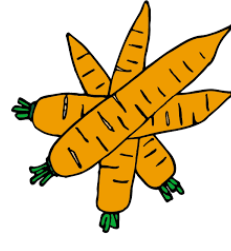


**Bartlett Senior Citizens Center Lunch Program ~ March 6 –31, 2017**  
 1318 Cravens Avenue, Torrance  
 11:30 a.m. \$2.50 per lunch Coffee 50¢ (free refills all day)  
**FOR RESERVATIONS, PLEASE CALL: 310/320-5918**

| Monday, March 6  | Tuesday, March 7  | Wednesday, March 8  | Thursday, March 9  | Friday, March 10   |
|--|---|---|--|--|
| Baked Fish<br>Home Fries<br>3-Bean Salad<br>Dessert  | Tomato Soup<br>½ Grilled Ham &<br>Cheese Sandwich<br>Goldfish®<br>Dessert                   | <br>Baked Ham<br>“Those” Potatoes<br>Vegetable<br>Dinner Roll<br>Birthday Cake                     | Salisbury Steak<br>Steamed Rice<br>Vegetable<br>Dessert  | <br>Parmesan Fish<br>Linguini w/<br>Garlic Sauce<br>Broccoli<br>Garlic Bread                                  |
| Monday, March 13   | Tuesday, March 14   | Wednesday, March 15   | Thursday, March 16   | Friday, March 17   |
| Spaghetti &<br>Meat Sauce<br>Caesar Salad<br>Garlic-Cheese Bread<br>Dessert  | Oven Fried Fish<br>Tater Tots<br>Green Beans<br>Chocolate Chip<br>Ice Cream                 | Swedish Meatballs<br>Noodles<br>Vegetable<br>Dessert<br>   | Polish Sausage<br>Sandwich<br>Coleslaw<br>Potato Chips<br>Orange Jello   | Happy St. Patrick’s Day!<br>Corned Beef<br>& Cabbage<br>Boiled Red Potatoes<br>Carrots<br>Shamrock Dessert<br> |
| Monday, March 20   | Tuesday, March 21   | Wednesday, March 22   | Thursday, March 23   | Friday, March 24   |
| BBQ<br>Chicken Nuggets<br>Tater Tots<br>Vegetable<br>Dessert<br> | Lasagna w/<br>Meat & Spinach<br>Green Salad<br>Garlic Bread<br>Butter-Pecan<br>Ice Cream    | Ritzy<br>Baked Chicken<br>Wild Rice Medley<br>Vegetable<br>Dessert<br>                              | ¼ lb Hot Dog<br>Baked Beans<br>Macaroni Salad<br>Dessert   | Beef-Barley Soup<br>½ Egg Salad<br>Sandwich<br>Carrot Sticks<br>Cookies  |
| Monday, March 27   | Tuesday, March 28   | Wednesday, March 29   | Thursday, March 30   | Friday, March 31   |
| Meat Loaf<br>Mashed Potatoes<br>Vegetable<br>Dessert   | Fiesta Fish<br>Spanish Rice<br>Corn & Black<br>Bean Salad<br>Chips & Salsa<br>Lemon Tartlet | <br>Spinach, Mushroom,<br>& Cheese Quiche<br>Bacon<br>Hash Browns<br>English Muffin<br>Fruit Cup | Patty Melt w/<br>Grilled Onions<br>French Fries<br>Green Salad<br>Dessert<br> | Chicken Florentine<br>Bow Tie Pasta<br>Green Salad<br>Garlic-<br>Cheese Toast<br>Dessert   |



# Bartlett Café



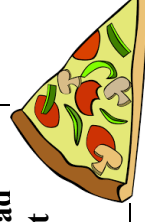
## Bartlett Senior Citizens Center Lunch Program ~ April 3 – 28, 2017

1318 Cravens Avenue, Torrance

11:30 a.m. \$2.50 per lunch Coffee 50¢ (free refills all day)

FOR RESERVATIONS, PLEASE CALL: 310/320-5918

| Monday, April 3   | Tuesday, April 4  | Wednesday, April 5   | Thursday, April 6   | Friday, April 7  |
|---|---|--|---|--|
| <b>Cheese Ravioli</b><br>w/ Meat Sauce<br><b>Green Salad</b><br><b>Garlic-Cheese Bread</b><br>Dessert | <b>Macaroni &amp; Cheese</b><br><b>Broccoli</b><br><b>Green Salad</b><br>Dessert  | <b>Salisbury Steak</b><br><b>Mashed Potatoes</b><br><b>Green Beans</b><br><b>Dinner Roll</b><br><b>Birthday Cake</b> | <b>Thai Chicken</b><br><b>Steamed Rice</b><br><b>Broccoli</b><br>Dessert            | <b>Chicken Cacciatore</b><br><b>Pasta</b><br><b>Green Salad</b><br><b>Garlic-Cheese Toast</b><br>Dessert |
| <b>Monday, April 10</b>   | <b>Tuesday, April 11</b>  | <b>Wednesday, April 12</b>   | <b>Thursday, April 13</b>   | <b>Friday, April 14</b>  |
| <b>Beef Stew</b><br><b>Carrot-Raisin Salad</b><br><b>Cornbread</b><br>Dessert                         | <b>Fish w/ Tomatoes,</b><br><b>Olives, &amp; Capers</b><br><b>Broccoli-Garlic</b><br><b>Angel Hair</b><br><b>Garlic-Cheese Toast</b><br>Dessert | <b>Pork Chops</b><br><b>Mashed Potatoes</b><br><b>Peas &amp; Carrots</b><br>Dessert                                  | <b>Enchilada Casserole</b><br><b>Refried Beans</b><br><b>Green Salad</b><br>Dessert | <b>Soup du Jour</b><br><b>Submarine Sandwich</b><br><b>Green Salad</b><br><b>Fritos®</b><br>Dessert      |
| <b>Monday, April 17</b>   | <b>Tuesday, April 18</b>  | <b>Wednesday, April 19</b>   | <b>Thursday, April 20</b>   | <b>Friday, April 21</b>  |
| <b>Teriyaki Salmon</b><br><b>Steamed Rice</b><br><b>Vegetable</b><br>Dessert                          | <b>Cheeseburger Deluxe</b><br><b>Tater Tots</b><br><b>Pea Salad</b><br>Dessert  | <b>Chicken</b><br><b>Caesar Salad</b><br><b>Croissant</b><br>Dessert   | <b>Clam Chowder</b><br><b>Green Salad</b><br><b>Oyster Crackers</b><br>Dessert      | <b>Beef Tacos</b><br><b>Spanish Rice</b><br><b>Chips &amp; Salsa</b><br>Dessert                          |
| <b>Monday, April 24</b>   | <b>Tuesday, April 25</b>  | <b>Wednesday, April 26</b>   | <b>Thursday, April 27</b>   | <b>Friday, April 28</b>  |
| <b>Italian Sausage</b><br><b>&amp; Peppers Hoagie</b><br><b>Pasta Salad</b><br>Dessert                | <b>Spinach, Mushroom,</b><br><b>&amp; Cheese Quiche</b><br><b>Slice of Ham</b><br><b>Hash Browns</b><br><b>English Muffin</b><br>Fruit Cup      | <b>Cobb Salad</b><br><b>Dinner Roll</b><br><b>Wheat Thins®</b><br>Dessert  | <b>Pizza</b><br><b>Tomato-</b><br><b>Cucumber Salad</b><br><b>Jello w/ Fruit</b>    | <b>Cheeseburger Deluxe</b><br><b>French Fries</b><br><b>Cole Slaw</b><br>Dessert                         |





---

## **CITY OF TORRANCE**

---

**Community Services Department**  
3031 Torrance Boulevard  
Torrance, CA 90509-2970

|   |
|---|
| <p>PRSR-STD<br/>US POSTAGE<br/>PAID<br/>PERMIT No. 79<br/>TORRANCE CA</p> |
|---|